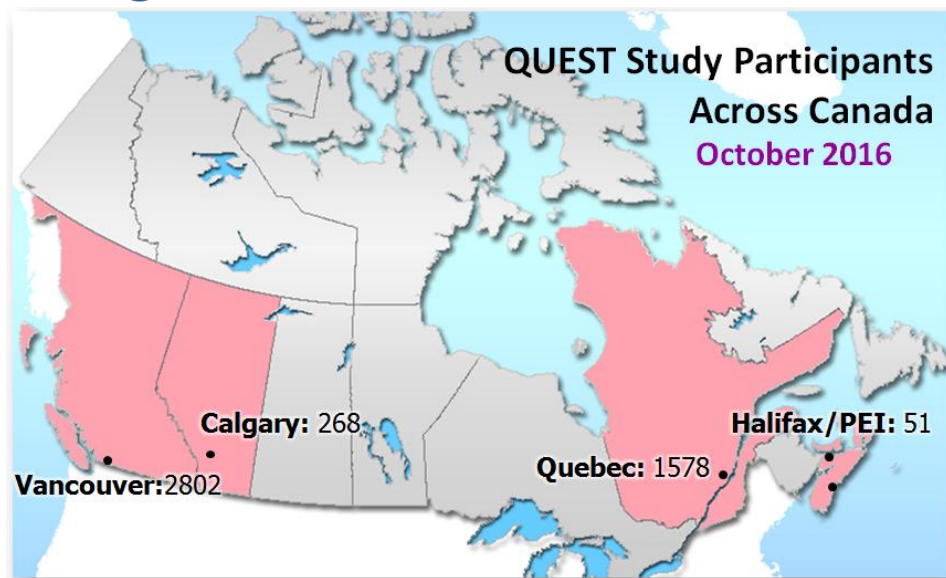




OCTOBER NEWSLETTER

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Refer A Friend to our [website](#)! When they fill out the Contact Us form, you will be entered to win a gift card!

Contest of the Month

What do you think of our new Newsletter layout? What would you like to see in the upcoming newsletters?

[Email us](#) your answers for your chance to win a gift certificate!

Congratulations Lorissa!! She was last month's contest winner!

HAPPY HALLOWEEN!

By Claire Pitcher, Registered Nurse

Happy Halloween from the QUEST Staff! Did you know that people have been celebrating Halloween (or some version of it) for hundreds of years?! Here are a few tips on how to stay safe and healthy this Halloween season!

Stay Bright!

Halloween is all about dressing up in your favourite costumes! If you are going to be out trick-or-treating or spending time outside after dark, it is a good idea to incorporate some bright colours/lights in to your costume so that you are visible to vehicles.

Stay Together!

On Halloween night chances are that you will be outside after dark, whether that means you are out trick-or-treating, at a party, or watching scary movies at home! A great way to stay safe when you are outside after dark is to stick together in a group of people you know and trust. If you are at a Halloween party, make sure you plan ahead of time to arrive and leave with a friend. If you are trick-or-treating (or taking your younger siblings out trick-or-treating) try to go with a group of people and let someone know where you plan on going and how late you plan to be out.

Stay Safe!

For many of us, the best part of Halloween is the candy! It is a good idea to only eat treats that have come in a sealed and intact wrapper, take a quick look to

Currently enrolled:
4699 GIRLS

Our target:
8666 GIRLS

make sure the package has not been ripped or opened. It is not recommended to accept homemade treats/food from people you don't know. If you have allergies/dietary restrictions, be sure to watch for treats that may have hidden nuts of other allergens.

For those QUEST participants who are over the legal drinking age in their home province, remember to never accept a drink that has been opened or pre-made. As always, one of the best ways to stay safe when it comes to eating and drinking is to know exactly what it is you're putting in your body!

We would like to wish everyone a safe, exciting, fun and spooky Halloween! For more information on Halloween safety, speak with an adult you trust or visit this great website:

http://www.caringforkids.cps.ca/handouts/halloween_safety

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